



## Civil Air Patrol/Cape May

### From the Commander

I hope everyone had a wonderful and enjoyable Holiday Season, now is the coming of the New Year. With the New Year, it is time to take stock in what you have accomplished in the prior year and continue to advance your progression in CAP.

Take a moment and set a goal or goals for yourself this coming year, make it simple, measurable and obtainable. Make a list of what you can do to accomplish this goal in 4 easy steps, once a quarter, whether it is getting promoted, completing a Professional Development Level or qualifying in an Emergency Services specialty. Make it something worth while and meaningful to you, this will assist you in setting up your goals.

Please take a minute of your time each week or day to check what is new on e-Services, a lot of things are changing for the

year, especially in CAP. CAP is working towards more online training and ways we operate in Emergency Services and other programs CAP has. I sent out an e-mail in December reminding all of some of the changes coming up and the dates they become effective. We need to be cognizant of these changes and how they affect you and the way things are being conducted in the future.

One goal I would like to see accomplished this year is to have a 10-15% member increase this year, especially in Cadet Recruitment. I would like to set up a Recruiting Campaign with the Cadets to increase our cadet membership. This is one area that our cadets can actively participate in, and their input is a vital key to success in this area. I would like our Cadet Staff to work on a Plan of Action and forward to me a list of potential (*continued page 2*)

(continued from page 1) Cadet Recruitment members to help plan out this endeavor and make it successful. We will work on this during the 1<sup>st</sup> quarter of the year, and make it become a plan during the 2<sup>nd</sup> quarter.

I would like to see a good Color and Honor Guard within the squadron this year. We had a couple of requests for a Color/Honor Guard detail last year and we need to have a core of qualified cadets to perform this important function, especially since this type of exposure will help in our recruitment efforts as a public event and exposure.

I look forward to a exciting and better year than last year and wish you all a healthy and productive year ahead.

**“SEMPER OPTIMUS“**

**Major Kevin L. Barstow, Sr.  
Commander, NJ-009**



### Welcome New Member

Cadet Sponsor Member Daniel  
Rutherford

### From the Chaplain

Happy New Year! What's your resolution? What do you resolve to do that will help bring out the best in you in 2010? Moral Leadership often invites you to look at your values and decide to do the right thing even if it means saying no to your own desire being met. This New Year offers each of us the opportunity to reflect over unhealthy habits that have slowly let our mind, body, and soul go down a slippery slope. Whatever you resolve to do – write it down, tell others about the goal and how you are going to access your progress, then ask them to inquire about your change. Let others hold you accountable to the New Year resolution and you may see support in your efforts. Why? Because you made it real by owning it and sharing your goal with others; who, may be able to resource you to even greater opportunities for a healthier mind, body, and soul. Blessings on you and your New Year resolution!

**LtCol Miles Barrett  
Moral Leadership/  
Character Development Officer  
NER NJ-009**

### HAPPY BIRTHDAY!

K9 Riot  
2Lt Lance Williams  
C/ SrA Louis Sicilia



### Anniversaries

Major John Sammons  
1Lt Sandra Kooker

### Upcoming Events

**23 January** - Communications Exercise

### Public Affairs

I want to thank everyone who came to the squadron Christmas party. We had the best turnout ever and more wonderful food than we could have hoped for! It was great to meet the new families in CAP. I hope everyone had a good time. It is wonderful to see new cadets in the squadron. I hope everyone will help spread the word about CAP and it's wonderful opportunities for youth and adults! Parents, don't forget, you can always join too-either as a senior member or a cadet sponsor member. Stop by the squadron for more information!

**1Lt Sandra Kooker, Public Affairs Officer**  
**NER NJ-009, ejsltb@comcast.net**

### Personnel/Administration

As a reminder to all members, all forms must be typed especially if the form is submitted to a higher headquarters. National forms are available in MS Word format at **[http://members.gocivilairpatrol.com/](http://members.gocivilairpatrol.com/forms_publications_regulations/forms_word.cfm)**

**[forms\\_publications\\_regulations/forms\\_word.cfm](http://members.gocivilairpatrol.com/forms_publications_regulations/forms_word.cfm)**.

NJ Wing forms are available in the "forms" link in DragonNet. Except for Duty Assignment, the CAP Form 2a must be filled out by the individual member.

### Information Technologies

Every week, the computers are set up to run a virus scan. At the end of the meeting, close out all programs that are running and leave the computer logged into Windows. Do not shut the computers off. I will turn the computers off on Friday after I back up the system.

### Professional Development

All officers are required to progress in their specialties. Please review the requirements for your specialty in the Specialty Track Guide and see either your mentor or me to receive credit for completion of required tasks and to advance your rating in your specialty.

**Richard A Simon, Lt Col, CAP**  
**DPA, DA, IT, PDO**  
**NER-NJ-009**

### Cadet Program

Welcome to a new year for us at CAP. For you new cadets, who seem lost, please bear with us. There is a lot of information that has to be handed out in what appears to be a very short time. Do not worry if you do not understand everything on the first try. If you do have any questions, you should ask one of your fellow cadets that are in the leadership of the Cadet Program. This summer, I suggest that all new cadets attend the Basic Encampment (if you have not gone before). After Basic Encampment, new opportunities will arise to make the Cadet Program better for you. This month, we will be starting the Cadet Great Start program to get you all up to speed. Good luck and Welcome to our Squadron.

**Capt Tony Simon**  
**Deputy Commander for Cadets**  
**NER NJ-009**

### A Note From Supply

Uniforms issued by USAF are accountable. When personnel leave, squadron uniforms will be turned in. This is a Must! If you have any questions, see Supply.

**Maj Wayne Ingling, Supply Officer, NER NJ-009**

Happy New Year from the Supply room! I have recently taken over in one way or another of the supply room! Lucky for us that Major Barstow recently tracked down some BDU's from Wing supply! I plan on going through them and getting them issued as soon as possible to those Cadets in need of BDU's. It may take me a couple of meeting's to get to everyone but I'll do my best to get everyone a serviceable pair of BDU's in the next couple of weeks. If I don't see you in the woods, I'll see you in the supply room!

**2Lt Evan Kooker, Assistant Supply Officer**  
**NER NJ-009**

## Communications

The Communications Department at Cape May Squadron has a new Communications leader, and I am Captain Chuck Rambo. The reason for the change in command is the urgent need to identify the voids in transmitting over wireless connections and to find a affective relay to direct communications link with the rest of NJWG. This action requires safety, test, and the assistance of the squadrons membership. Currently the dead zone occurs on the ground. The reason is a lack of over the horizon connection with Hammonton and, R-37 too far to transmit to the interior of the area. The fix will take time because of the weather in Cape May. As a prior service Coast Guardsmen, I remember the weather I endured during boot camp October to December. Some of the repairs are all ready in work.

Communications Cape May station CAP 5210 –this is our call sign used on the new Harris Hi Frequency, (HF) radio. This radio is very powerful and can transmit thousands of miles under the right conditions. We will give it a good work out on 1/23/10. This is the date of the NJWG communications exercise. This SAREX will take all base stations, mobile, and aircraft to perform communications for a disaster that will take place in Cape May. Good Luck to all communications personnel.

Basic operators are asked to participate too. Just Have your communications card on your person, also, this is your license to use US GOV radios. Last, I would like to say I am pleased to be activated in a very busy part of the NJWG, and the schooling will begin soon on wireless communications.

**Captain Chuck Rambo**  
**Communications Officer**  
**NER NJ-009**



## **Support Search & Rescue**

# **GET LOST !**

First and foremost, I would like to wish everyone a Happy and Safe New Year! I hope everyone has their batteries recharged and ready to get back to school, and pick up where you left off before the break.

I have been working on the Squadron alert roster and finding that we have fewer members qualified to go on missions. One of the reasons for this is that many people don't know of the requirement to complete the ICS100 and ICS700. This is a requirement because it is mandated by the federal government. If you do any type of training or respond to any emergency you need to be ready to do it by FEMA's guidelines. To take the course all you have to do is log on to your trusty computer, go to our squadron website, <http://capemay.njwg.cap.gov/> and look for the button "FEMA ICS Links" on the left side. And the best part of all is it is free! If you don't, you will not be able to train for or respond to any emergencies that CAP is involved in. This is a requirement for Cadets and Seniors involved in Emergency services. Take the time to complete these requirements and you'll be able to continue to train, others wise I won't be seeing you in the wood's!

**2Lt Evan Kooker**  
**Emergency Services Officer**  
**NER NJ-009**





*A few photos from Wreaths Across America, the Christmas parade, and our Christmas party. Who is that funny elf??*

## *From the Cadets*

This month (December) CAP has had a busy schedule. In the beginning of the month we were part of the West Cape May Christmas Parade. We marched the whole parade and stayed warm.

CAP also participated in the Wreaths Across America. We laid wreaths on fallen veteran's graves. Major Barstow and Chaplain Barrett had given a speech also.

CAP has also done other things throughout the month, but I could not participate in some of them. We just recently had a great time at our Christmas Party. There was lots of food, fun, people, and music!

C/AB Madison Peteani

Merry Christmas and Happy New Year! December was a lot of fun between the West Cape May Christmas Parade and the squadron Christmas Party. Over the Winter Vacation, I am taking the FEMA ICS-100 and 700 courses so that I can participate in Ground Team. When we come back in January, I will finally get promoted to Cadet Airman.

C/AB Benjamin Conlin

I have had the great pleasure to have played guitar with Chaplain Barrett and Lieutenant Williams at the squadron Christmas party. It was a very enjoyable experience, and the party was also a great opportunity to get to know the newer cadets and their families. I hope to see more people considering joining CAP, and the ones that have gone to three meetings to become cadets. Hope everyone had a safe Christmas and New Years.

C/Amn Ian Borgo

I had a great Christmas holiday! I marched with the RMT Band in the Lower Twp. Christmas Parade, tried out for the Noreaster traveling lacrosse team, and got some great gifts.

I am looking forward to becoming an element leader in our squadron and finishing my ICS 700 this month.

C/A1C Ray Gradwell